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Weather Forecast

Today

WINDY

High:72  
Low:27

Saturday

WINDY

High:50  
Low:17


Sunday


High:56  
Low:29

FRIDAY

Fort Riley

Post





Troopers lose opener

Fort Riley had its share of exciting basketball action Tuesday, as the Troopers "A" team fell to the Emporia Vikings, 31-28 at FRMS.

See Page 7

March 8, 2002

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Vol. 45, No. 10

# 'Anaconda' largest ground operation to date

By Joe Burlas  
Army News Service

WASHINGTON—More than 2,000 U.S., Afghan and coalition troops have been working since March 1 to destroy a pocket of Taliban and Al Qaeda forces operating near the Afghan town of Gardez.

At least eight U.S. soldiers have been killed in action and about 40 wounded in the first four days of Operation Anaconda, according to initial reports.

CWO Stanley L. Harriman, 3rd Special Forces Group, was killed in the recent fighting while operating with friendly Afghan forces. The names of the other soldiers killed in action are listed below.

Contrary to initial civilian media reports March 4, the most recent U.S. deaths did not result from helicopters being shot down.

In the first reported incident, a helicopter crewman fell to his death early March 4 when his MH-47 helicopter was leaving

a landing zone under fire.

In the second incident, another MH-47, operating in the same area a little later, came under fire as it approached another landing zone. A number of U.S. soldiers were killed immediately after leaving the aircraft or while attempting to disembark.

Neither helicopter crashed or was destroyed by enemy fire, according to officials.

"As I've said repeatedly, the task is far from over — not all Taliban and Al Qaeda forces

have been defeated, substantial pockets of resistance remain," Rumsfeld said during a March 4 Pentagon press briefing. "They are determined. They are dangerous. They will not give up without a fight."

"They are hiding in the villages and in the mountains and just across the borders, in a number of directions from Afghanistan, and they're waiting for opportunities."

Gen. Tommy Franks, commander in chief for U.S. Central Command, told reporters in

## Transformation more than vehicles

By Marcia Triggs  
Army News Service

WASHINGTON—Transformation is underway, but the momentum has to be picked up to meet aviation and logistics challenges, said the Army's top soldier at the annual Association of the U.S. Army Winter Symposium.

"I'm very appreciative of where Transformation is today," said Army Chief of Staff Gen. Eric K. Shinseki. "Two and a half years ago people couldn't spell Transformation, but today it's a term recognized and used to describe ... a large organization challenging itself to change."

More than 100,000 soldiers and civilians attended the two-day symposium in Fort Lauderdale, Fla., where the Army unveiled its interim armored vehicle Feb. 27 to March 1. The Stryker, named in honor of two enlisted Medal of Honor recipients, is a wheeled vehicle designed to give light forces mobility and sustainability.

Transformation, however, is more than combat vehicles and Shinseki said his focus will change to the modernization of aviation and logistics.

Shinseki has always contended that 80 percent of items deployed are repair parts, fuel and ammunition. In order to successfully transform into the Objective Force, the logistics load has to decrease, he said.

The Stryker, which has 10 common variants, was designed to reduce the transport of repair parts, officials said. Interim brigade combat teams at Fort Lewis, Wash., will be the first units to receive the IAV. Shinseki said soldiers are re-enlisting and extending to get to Fort Lewis, where Transformation is taking place.

Forces Command, which is the major command that Fort Lewis falls under, is vital to Transformation, said Gen. Larry Ellis, FORSCOM's commanding general. Troops are the primary executors of Transformation, he added. FORSCOM is the higher headquarters for stateside deployable divisions.

The 4th Infantry Division at Fort Hood, Texas, is the Army's first digitized division, which means the division will be equipped with technology that generates, stores and processes data.

A lot has been done, but more has to take place before the Army reaches the Objective Force, Shinseki said. However, pay raises and housing and stabilization incentives are being made to transform the Army's personnel practices, he said.

"I would encourage soldiers and family members to read the Army's Vision Statement," Shinseki said. "The Vision is people, readiness and Transformation. Right now we're taking care of the people who keep the Army at the quality it is today."

Dozens of leaders stood at podiums explaining their role or thoughts on Transformation. One of the newest senior leaders to take office said that with Transformation there are risks.

"There are two types of risk we must contend with ... and that is to remain ready while we transform ... and to field systems on time and within the budget," said Les Brownlee, the Army's under secretary.

## Troops KIA identified

The Department of Defense announced the identities of those killed in action March 4 in eastern Afghanistan during Operation Anaconda.

They are:

**Army:**

Sgt. Bradley S. Crose, 22, Orange Park, Fla.

Sgt. Philip J. Svitak, 31, Joplin, Mo.

Spec. Marc A. Anderson, 30, Brandon, Fla.

PFC Matthew A. Commons, 31, Boulder City, Nev.

**Navy:**

Aviation Boatswain's Mateshandling Petty Officer 1st Class Neil C. Roberts, 32, Woodland, Calif.

**Air Force:**

Tech. Sgt. John A. Chapman, 36, Waco, Texas.

Senior Airman Jason D. Cunningham, 26, Camarillo, Calif.

## Soldier killed in auto crash

A Fort Riley soldier was killed March 3 in a vehicular accident on Highway 77 in Nebraska.

PFC Bryant Mitchell Jr., 18, of Omaha, Neb., was returning from leave when his front tire went off the road. According to police, he overcorrected, which caused the vehicle to spin into the opposite lane where it was struck broadside by an oncoming vehicle.

Mitchell, of Company B, 125th Forward Support Battalion, joined the Army June 2001 and had been stationed at Fort Riley since December 2001. He worked at Fort Riley as a utility equipment repairer.

The incident is under investigation by the Gage County Police Department and Fort Riley's Criminal Investigation Division.

A memorial ceremony is scheduled for 11:30 today at Morris Hill Chapel.

This is the seventh III Corps soldier to die in a personal vehicle accident this fiscal year.

Post/Heckler

SSgt. David Hudson, Company F, 158th Aviation Regiment ground guides a vehicle onto the flatbed rail car during rail load operations. The 1st Brigade Combat Team uploaded vehicles last week in preparation for its National Training Center deployment this month.

## 1st BCT loads rail cars for NTC

By Jeremy Heckler  
19th Public Affairs Det.

Soldiers invest time and effort into their vehicles so that they can carry the battle to the enemy when the time comes. The final step for these vehicles is the railhead the first stop on their way to the battlefield.

Last week, soldiers from the 1st Brigade Combat Team took over Fort Riley's railhead facilities and prepared their vehicles for delivery to the National Training Center for their training rotation.

Rail load is a three-day operation that requires units to stage, load and secure their vehicles down on flatbed rail cars for deployment.

On a cold February morning, the first vehicles rolled into the rail load area in their assigned spot so that they can move straight onto the train. In the weeks leading up to the rail load, maintenance crews worked long hours so that they would be ready for deployment. For some drivers, getting out to the railhead provided the adventure.

"We couldn't get our truck started so we missed our convoy and we had to come down with another convoy," said PFC James Welch, Headquarters and Headquarters Company, 1st Engineer Battalion.

After the vehicles are staged, the logistics' staff determines the vehicle's location based on their size

and weight.

"We had to tie down two Bradleys, a Humvee and a five-ton and they all weigh differently and have their own unique qualities but they all tie down the same," said Staff Sgt. Perry Kerr Headquarters and Headquarters Company, 1st Battalion, 16th Infantry, operations assistant NCOIC. He said that while many of the vehicles can be drawn from the draw yard at NTC, his unit and others have special vehicles that can't be drawn anywhere else.

Once the machinery is in place, operators secure them to the flatbed car. The process is a simple one, but time consuming. The crews pull chains through each

vehicle's tie down points and secure them into place. They place wire through the chains so that they will not come loose.

The men in the red hats oversee the whole process. The "red hats" are rail load supervisors who ensure that everything is done properly.

"We help units move out on deployment," said Sgt. 1st Class Santiago Flores, 1394th Deployment Support Brigade out of San Diego. "We support every unit in the western half of the United States."

Flores said they tell the soldiers on the line how to properly hook up their vehicles and provide them infor-

See Rails Page 6

## SMA visits troops on drug war 'frontlines'

By Thomas Kielbasa  
Army News Service

FORT LAUDERDALE, Fla.—Crawling over boxes of processed cheese and walking into the depths of a refrigerated freight trailer on Feb. 27, Sgt. Maj. of the Army Jack Tilley stepped briefly onto the frontlines of the war against illicit drug trafficking.

Inside the dimly lit trailer at Port Everglades, members of the Florida National Guard Counterdrug operation and U.S. Customs agents were carefully inspecting a ship-

year the Florida National Guard helped seize more than \$818 million in illegal narcotics, property and weapons.

"I'm really impressed with the things that I've seen ... I was curious about the customs inspections. A lot of (the Customs agents) told me they couldn't get the job done without the support of the National Guard. I was pretty impressed with what they were doing."

The Port Everglades meeting was one of the sergeant major of the Army's several stops during a recent visit to

Guard personnel have been called up for missions to provide security for the state's airports and deepwater seaports.

Tilley noted that the Florida Army Guard soldiers were reacting "solidly" to their homeland security missions.

"Even when I came in at the airport the soldiers on guard were not complacent; they were focused on what they were doing and they were very professional," Tilley said.

He said Army command had high expectations of the

line between reserve component and active-duty soldiers is often nebulous.

"Quite a few years ago my impression of the National Guard probably wasn't very good," he said. "And now when you get out around the National Guard and Reserves you see a bunch of very professional soldiers doing the same things you would see if they were on active duty. Quite frankly I can't tell the difference between the active and the reserve (components). It all looks like the same ... I just look at a soldier as a sol-



# Garrison Commander speaks . . . Controlled burning

It's that time of the year when we begin preparation for controlled burning of grassy areas.

Each year, the Fort Riley Fire Department starts and controls fires throughout the installation as a safety precaution to minimize risks associated with prairie fires.

These controlled burns eliminate the heavy accumulation of dried undergrowth that supports wildfires and encourage new growth of surface vegetation.

These burns also minimize the habitat of insects and rodents reducing their impact on the housing Areas.

All controlled burns are carefully planned and coordinated with the Directorate of Environment and Safety, Public Works Fire Department, Range Control and the Provost Marshal Office to insure each activity is aware of the burning and therefore prepared to respond to any related inquiries or requests for assistance.

This year Kansas has realized the second driest winter on record and we have experienced over 30 brush fires as a result of this abnormally dry weather. Controlled burning will reduce the potential for the uncontrolled spread of wildfire to the cantonment and housing areas.

During the months of March and April, controlled burning is planned for the Custer Hill area. This year we need to clear out the tall grasses on the hill located south of Ellis Heights and

North/East of Irwin Hospital.

The controlled burn will occur near the several housing areas but will not pose any danger to our residents. Smoke from the fires can be a problem for adults and children with asthma or other respiratory ailments.

You can minimize or prevent any problems by closing all windows and doors, to reduce the amount of smoke entering the building, and allow the heating/cooling system to filter the interior air. We will only controlled burn during school hours as we have found this time minimizes the number of children who are out playing. The Fire Department coordinates the plan with all of the Post's schools, so that they can assist in keeping children away from the fire.

The Fire Department and the Conservation Division will place their teams in areas to prevent the possibility of fire entering the housing areas or schools.

Please rest assured that we will take all precautions. We will also post signs on roads that will be in the area to lessen the impact of smoke on drivers.

Since wind speed and direction determine when we are able to control burn, I cannot provide specific dates. We will use Channel 2 to notify residents when we plan on burning near the housing areas. If residents have questions or concerns about the burning activity in your area call Fort Riley Fire Department at 239-4257 and ask for Chief Boyd.

# Claims office assists victims of theft, vandalism

From Fort Riley Claims Division

Every deployment has its positives and its negatives. One of the downsides is that soldiers do not always come home to the same things, the same way that they left them.

Specifically, their personal property—their cars, their televisions, their CD's are sometimes targets for theft and vandalism.

The Army tries to help these soldiers through the Personnel Claims Act.

"The PCA says that if soldiers become victims of theft and vandalism because of their duty as soldiers, then the government is going to try to compensate the soldiers for their losses," said Capt. Chasity C. Nicoll, chief, Claims Division. "However, before the government will help, soldiers must help themselves."

For example, a deploying soldier must do what he or she can do to prevent theft or vandalism by locking doors and windows to rooms and forcing thieves to force an entry.

Soldiers must also use the double lock rule when deploying which means that their "stuff" must be locked down twice—once

inside a wall locker and then again inside a locked room.

In addition, if a soldier has available an anti-theft device, such as a removable face plate on a CD player, then the soldier must use the anti-theft device, according to Nicoll.

If a soldier's unit is providing a secure lot for storage of privately owned vehicles, then the soldier should use it.

"Soldiers should remember that a POV is not the proper place for storage of personal items," said Nicoll.

Also, in order to collect on a POV claim, the POV must be "legally" on post, so soldiers should make sure that their registration, insurance, and DOD sticker are all up to date.

Sometimes, even when soldiers do what they are supposed to, they still fall victims to theft and vandalism.

For those who find themselves in this situation, documentation is the first step toward filing a successful claim.

Documentation helps soldiers prove that they owned whatever was lost and the value of the item.

Soldiers can provide documentation by

making sure that they completely and accurately fill out POV inspection sheets and high-dollar-value item sheets provided by their units.

Nicoll also advises soldiers to take pictures of their property and keep receipts and owners' manuals.

Soldiers should also be aware that the government does not pay replacement value on personal items.

"The government pays depreciated value," said Nicoll. "This means that a soldier is compensated for what the item is worth at the time of the loss, not necessarily what the soldier paid for the item or what it would cost to replace the item."

"If a soldier is really worried about his or her stuff, then he or she may want to consider private insurance," she said.

Once soldiers realize that they have been a victim of theft or vandalism, then they must report it to the Military Police immediately and to the Claims Office as soon as possible.

The Claims Office is located at Bldg. 200, Patton Hall and can be reached at 239-2633/3830.

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# Army Knowledge Online unveils 'Collaboration Center'

*By Patrick A. Swan*  
*Army News Service*

WASHINGTON—A “collaboration center” to let Army Knowledge Online customers hold Internet conferences with other users became a standard AKO feature in February.

The center serves as a “chat room” for users to discuss specific Army issues. Such conference rooms enable an AKO user and other individuals to talk to each other simultaneously.

“This is part of the continuing evolution of AKO,” said Col. Robert L. Coxe, G-6’s chief technical officer. “We wanted to give soldiers a place to either exchange concepts and ideas or to be able to discuss a particular document online.”

Since chat is a part of AKO Instant Messenger, users must be running AKO Instant Messenger on chat. By creating a chat room as a “moderated” room, only operators and moderators can participate, or “speak,” in that room.

“When you create a chat room, you decide who does what,” said David Hale, AKO’s chief technician.

Coxe added that the Collaboration Center is both secure and persistent. Thus, when a given chat is completed, its text does not vanish. Rather, the chat room administrator can edit, save and archive the session as a text document for later viewing by anyone given access.

A systems administrator with the 1st Armored Division in Germany recently praised the AKO collaboration center as, “pretty

damn cool.”

“Tell the gang (AKO folks) that put it up 'Good Job!' and pat them on the back,” said Spc. David A. McLemore, of 1st Brigade, 1st AD. “My guys used the (heck) out of AKO-S (the secret-level AKO site) at the recent Victory Focus (V Corps exercise). A lot of them like using the Web mail there better than having to use their SIPRnet (secret-level, organic) e-mail accounts. (With AKO-S), they can go to any SIPRnet machine and check their e-mail. And since they don’t have to go through my shop to get an account, they can move a lot faster.

“I can see it now,” McLemore added, “entire chat channels dedicated to exercises/new computer systems so that when soldiers run into a problem on the systems they can put a “shout” out for help.”

While the Collaboration Center was designed to help soldiers in coordinating documents, concepts or information papers, Coxe said he really had no preconceived notion on how it might be used in practice.

“We are going to be surprised,” he said. “Soldiers have an amazing way of figuring out practical uses for themselves independent of what we designers might think.”

For instance, Coxe said, soldiers are using the chat rooms to conduct after-action reviews. He also described how some military police use it for briefing off-duty shifts online. Soldiers in those off-duty shifts participate from home or remote computer workstations, rather than assembling en masse

at the MP station.

The Collaboration Center’s conference rooms complement the AKO Instant Messenger, which allows users to communicate through a Web browser with other Bantu Messenger users [the AKO default standard], and users of ICQ, Yahoo! Messenger and MSN Messenger on Windows, Macintosh and Unix. An instant message is a private, two-way communication online between a user and others.

Hale said AKO Instant Messenger is the only instant messenger that allows users to send instant messages to users on ICQ, Yahoo! Messenger, MSN Messenger, and Bantu.

“AKO Instant Messenger requires no software to install, and all settings are stored on AKO’s servers, making it the easiest Instant Messenger solution for users who move between computers often,” he said.

AKO Instant Messenger is a secure means to maintain privacy, Hale said, because it uses an encrypted protocol between client and server, so users can be sure that messages sent between AKO Instant Messenger users are not being read by other people.

Nevertheless, AKO Instant Messenger works unbelievably well through firewalls and proxy servers, Hale said.

“In many cases, AKO Instant

Messenger is the only way to connect to ICQ, MSN, and Yahoo!,” he said.

The AKO Instant Messenger contact list is similar to other instant messenger contact and buddy lists. It also automatically synchronizes with one’s MSN Messenger and Yahoo! contact list whenever connected to their networks.

In addition, Hale said any changes a user has made to his contacts or blocked list from another client will automatically be updated.

The exception is ICQ, which stores its contacts list on a user’s computer, and not on a central server. As a result, there is currently no way for AKO Instant Messenger to import ICQ contact lists.

A user’s contact list is a list of people to whom one can easily send instant messages. They could be co-workers, relatives or other people one knows.

By running AKO Instant Messenger, users can see if their contacts are online and available for a conversation.

A contact list can contain people from any instant messaging network which one is connected.

There is no limit to the number of AKO Instant Messenger contacts. Users may have up to 1,000 contacts per group, and an unlimited number of groups.

## Guard dedicates memorial to crash victims

*By Bob Haskell*  
*Army News Service*

WASHINGTON—A 30,000-square-foot memorial was dedicated March 3 in Virginia Beach, Va., in honor of 21 National Guard members who died when their airplane crashed into a central Georgia cotton field one year ago.

“They were men of courage, judgment and integrity. But most of all they were men of dedication,” said Virginia Gov. Mark Warner on the first anniversary of the accident that killed 18 members of the Virginia Air National Guard and three aviators from the Florida Army National Guard.

“We honor them, and we thank their families for service to Virginia and the nation,” Virginia’s new chief executive told approximately 1,000 people who attended the solemn ceremony on a blustery, rainy day that was a stark reminder of the day the Guard members died. It was Warner’s first public

appearance as commander-in-chief of the Virginia National Guard.

The Virginia Guard civil engineers belonged to the 203rd Red Horse Flight based at Camp Pendleton in Virginia Beach where the new memorial has been under construction since last September.

The Air Guard members were being flown back to Virginia after completing two weeks of construction work at Florida’s Hurlburt Field near Fort Walton Beach when the plane crashed in heavy rain near Unadilla, Ga. There were no survivors from the worst peacetime aviation tragedy in the National Guard’s history.

The memorial was designed by members of the 203rd with help from seven other similar rapid response engineer units from across the country, explained Virginia National Guard officials.

Twenty-two Bradford pear trees circle the memorial that cost a reported \$160,000.

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# Korea 50: Prison riot kills communists

By Jim Caldwell  
Army News Service

WASHINGTON—The communists continued to claim the United Nations used germ warfare against them, while another riot by North Korean prisoners of war left more than a score dead.

**March 7-11, 1952** — Peking radio charges March 7 that 448 U.S. Air Force planes “invaded” Manchuria on germ warfare missions between Feb. 25 and March 5.

The next day Chinese Foreign Minister Chou En-lai goes on the air to enlarge the claim, saying Americans have attacked towns all along the Manchuria-North Korea border. He says the United States should punish the pilots who carried out the missions.

Other reports say he has threatened to punish captured pilots as war criminals.

On March 8, Gen. James Van Fleet, Eighth Army commander, tells reporters in Seoul that communist strength in Korea is 100,000 soldiers, with half of them on the front line. He says here are no signs of an enemy offensive, but the allies can stop it anyway.

In Tokyo March 10, Gen. Matthew B. Ridgway, Supreme Commander of Allied Forces, calls germ warfare charges “completely, absolutely and categorically false.”

In a move seen as providing reasons to keep the Soviets off the

truce enforcement team, Ridgway also says that the “North Korean Army has been entirely equipped and/or reequipped with Soviet material.”

He said the Chinese main source of supply “is ... Soviet-furnished material.”

U.S. Secretary of State Dean Acheson cables the International Red Cross in Geneva March 11 and asks them to investigate epidemics in North Korea to find the cause.

The Reds have been stunned by the high numbers of their prisoners of war who do not want to return to North Korea or China.

So on March 8 in the Panmunjom peace talks, North Korean Maj. Gen. Lee Sang Cho says the U.N. has used “lawless activities” to coerce communist prisoners into switching sides.

On March 9, Rear Adm. Ruthven E. Libby, member of the U.N. parley team, says Lee’s statement is “fraudulent from beginning to end.”

Then he demands that they reveal the condition of 1,000 U.N. prisoners they hold in Harbin,

Manchuria. The communists immediately deny holding prisoners there.

Adm. C. Turner Joy, chief U.N. delegate tells the United Press on March 9 the communists will stall “until we force them to come to terms.”

**March 10** — Russia asks the United States, Great Britain and France to negotiate a treaty that would unify Germany.

According to notes delivered to envoys in Moscow, Germany will have ample land, sea and air defenses, along with an industry to arm them. The basic civil rights of freedom of speech, press, religion, political affiliation and freedom to assemble will be guaranteed.

Freedom of “democratic parties and organizations” will be assured.

These rights will also be restored to ex-Nazis not in prison.

The allies say they will study the proposal, but one representative says that all these goals would be assured if Russia would only agree to free and open elections throughout Germany.

Free elections are not part of the Russian plan.

The move by Russia is also seen as an attempt to keep West Germany out of NATO.

In the air war, 200 U.N. planes attack and wipe out a North Korean supply base 30 miles from Panmunjom.

**March 12** — American casualties in Korea increase by 160 in the last week to 106,458, including 18,505 dead, officials report.

**March 12-13** — The 25th Infantry Division repels a North Korean attack along a two and half-mile front west of the Punchbowl March 12.

The prisoner issue dominates the peace talks, essentially blocking any possible progress.

Then on March 13 an incident in the prisoner of war camp on Koje Island that gives the Reds more propaganda material.

Republic of Korea Army guards escort a group of anticommunist prisoners past a communist compound.

Hatred between communist and noncommunist prisoner is fierce, which makes the armed escort necessary. The communists begin stoning the prisoners and ROK guards.

The guards open fire, without orders. When ROK soldiers are back under control, 21 prisoners are dead and 26 wounded. A ROK civilian is injured, as is an American officer, who tried stopping the soldiers from shooting.



## Soldier's Medal awarded for rescue of young girl

By Karen Bradshaw  
Army News Service

**FORT GILLEM, Ga.**—The Soldier's Medal was awarded to a field artillery soldier at Fort Stewart, Ga., last month for rushing into his neighbor's burning house and rescuing their young girl.

SFC Gary Ballew was only days away from leaving his assignment at Fort Bragg, N.C., when the fire occurred last year. His household goods had been picked up and the Ballew family was “camping” out until their departure. His new assignment was to be the 2nd Battalion, 306th Regiment, 87th Division (Training Support), a First U.S. Army unit that trains Army National Guard and Army Reserve soldiers.

That night Ballew was working on his college course when he heard screams outside.

“I opened my door and saw an orange glow coming from my neighbor's house across the street and I raced over,” Ballew said. “The woman was crying that her little girl was trapped inside the house.”

In the meantime, Ballew's wife, Christina, who was in the bedroom when she heard the front door slam, looked out and saw her husband going into the burning house. She grabbed the phone and dialed 911.

“At that moment, I was very afraid for my husband,” she said.

Ballew quickly dropped to all fours and tried to low-crawl into the house through the front door, but the heat and fire pushed him back. He could hear the child crying and knew he had to get in to save her.

“I just reacted, there was no time to think. I kept focusing on the child's voice and entered the garage following her moans,” he said.

Feeling around in the darkness and smoke he found the little girl, grabbed her up and carried her to the lawn. She was conscious, but Ballew knew she was seriously injured. He began to administer first aid until the paramedics arrived. Little 5-year-old Kenya had been burned over 80 percent of her body.

“It all happened in a matter of two or three minutes and I know my father's instinct kicked in,” Ballew later explained. “I would have wanted someone to do the same for my daughters.”

Christina, his wife said, “Our two girls were very anxious after the excitement and drama of the fire and commotion of the fire trucks. Later we all sat on the bed, hugging each other and Gary and I told them how much we loved them.”

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# Fort Riley Sports

March 8, 2002

Proudly serving the Home of America's Army

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## Nutrition: Step one in physical fitness

By Kevin Doheny  
Staff Writer

*Proper nutrition is fuel for body before, during and after workouts. Soldiers can increase workout potential with healthy diet.*

When a person takes his car into a mechanic and asks why his car is not performing at its usual high level, he wonders why. Whether it's not properly changing the oil, or disregarding warning signs of wear and tear to the vehicle, he wonders why he car isn't maintaining its level of consistency in which it should. Just as a car, the human body is just as temperamental. It needs the same type of care as the car. Whether it is fuel, like the car needs, or it's properly flushing out the bad things in the system, the body needs the proper nutrition to make it run as smoothly as a brand new car. Nutrition. Such as small word can make the world of difference when trying to make the body perform at a high level. In order to make the body perform at this high level, nutrition is like the gasoline a person would put into his car. The better the gasoline, the better the car is likely to run. With a better diet and proper nutrition, the body can perform at a high level and the person can benefit from these two things during physical fitness.

"Nutrition is fuel for the body," said Capt. Kim Thomsen, Chief of the Nutrition Care Division at Irwin Army Community Hospital. "If the body has the right type of nutrition, including fluids, an individual can achieve peak performance. On the other hand, as little as a 5 percent weight loss due to lack of fluids can negatively impact speed, power and concentration in physical performance. A good diet of complex carbohydrates, fruits, vegetables, low-fat protein and minimal fats and sugars provide the best fuel for optimum performance, minimal fatigue, and weight maintenance."

Since physical fitness is a major part of the military life, taking care of the body before, during and after workouts is essential, just as a person would take care of his car before going on long drives. A person might change his oil before going on a long drive to insure his vehicle will run at its optimal level. If the person doesn't do this to his vehicle, he is risking the vehicle's performance and risking a breakdown of the car.

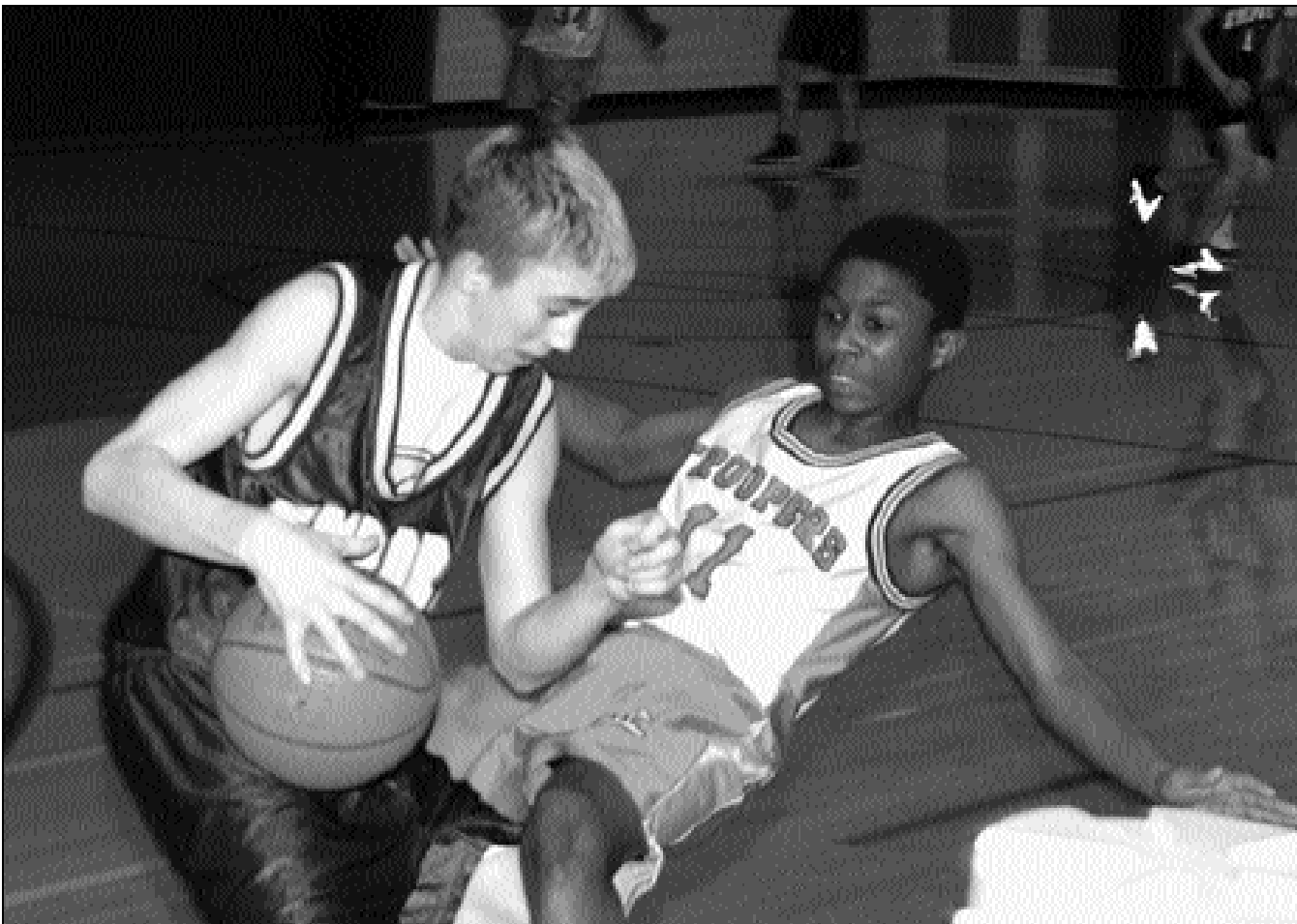
The same is true of the human body. A person needs to fill his body with nutrients in order to insure it will maintain properly, and proper nutrients can help to prevent and heal injuries. "Protein, adequate calories, and high quality foods help the body transport nutrients oxygen to help heal injuries," said Thomsen, who has been in the nutrition business for 10 years. "After a serious injury, calorie needs increase because the body is under stress. The body has to use additional calories to target the injured area to heal properly."

"Physical Training performance is enhanced with a balanced diet," said SFC Jaylene Smith, 24th Infantry Division, who is Master Fitness Qualified. "When soldiers eat properly, they have more energy, and are more alert and can recover more quickly from injuries or illness."

There are also many myths involving nutrition. Along with the myths, there is also improper use of dietary supplements. "Many soldiers take supplements which may harm them," said Thomsen. "For example, Ephedra/Ma Huang is an herb found in many types of weight loss pills and "energy" enhancing supplements. Two soldiers died at Fort Jackson from taking the herb and several soldiers at Fort Riley were hospitalized with seizures from taking Ephedra/Ma Huang. Besides seizures and death, Ephedra/Ma Huang can cause abnormal heart rhythms, cardiac arrest, dizziness, insomnia, nausea, and vomiting. I warn soldiers to avoid taking any supplement containing Ephedra/Ma Huang, especially if they are taking any type of heart medication."

With all of the myths and fast ways to create a better diet, here is still a simple way to insure a person is eating the right things.

By knowing what and when to eat, a person could be on the right track to intermingle his diet and fitness to work for his benefit.



Post/Doheny

Keith Lane draws the charge during the Troopers' 31-28 loss to Emporia Tuesday at FRMS. The Troopers played hard Tuesday, but Emporia would make the least mistakes en route to their victory.

## Troopers fall in first game

By Kevin Doheny  
Staff Writer

It's March, and for basketball players, it means only one thing, "March Madness!"

It is a term describing the post-season action, which induces exciting tournament action on the court.

Fort Riley had its share of exciting basketball action Tuesday, as the Troopers "A" team fell to the Emporia Vikings, 31-28 at FRMS.

The Troopers are hosting a five-team post-season tournament scheduled to run until tomorrow.

The first-round game went down to wire. The gym was packed with anxious parents and supporters rooting their teams up and down the court.

The Troopers were down to the Vikings from the outset. A late second half push kept them in the game, but in the end mistakes determined their fate.

"We played terrible, plain and simple," said Head Coach Vic Garcia. "Each individual had his mind made up that he was going to save the day. They didn't do what they had been doing all year long."

The first half of the game featured turnover after turnover, but the Troopers stayed close to the Vikings with solid play by Harry Williams, the Troopers starting center who scored a game high 13 points, battling for tough

rebounds in the paint and converting them into easy baskets.

"He is an outstanding player," said Garcia. "He is hard to stop down low for us."

The Troopers were down 18-12 at halftime, but showed character as the second half started and they made a small run to only trail by four going into the final quarter.

"They just tried to force things that just weren't there," Garcia said. "They played a zone defense, which means they were in our passing lanes. They kept trying to pass the ball where they couldn't."

The final quarter featured a frantic pace. Both teams tried to move the ball to their side of the court, but their opponents ran full court presses. The presses ran by both teams caused a multitude of turnovers.

"Our turnovers created easy opportunities for them," he said. "We are the ones who normally force the issue and create easy baskets in transition. Our kids went away from what they were taught."

In the final minutes of the game, the gym had an aura, which most games during March Madness bring. With every blow of the official's whistle, parents and supporters of both sides gave their disgust at the calls, which gave the gym a unique buzz about it.

Parents were standing on their chairs and cheering their sons on, as they attempted to finish the

game strong.

The Troopers were unable to convert off of the Viking turnovers down the stretch, which made it impossible for them to get into a rhythm offensively.

"They played with a sense of panic for the entire game. It's like they were trying to find something which wasn't there," said Garcia.

Other key performers for the Troopers were Paul Sanford, who scored two points and had five rebounds, and Brad McCormick, who battled the ball up court all game long.

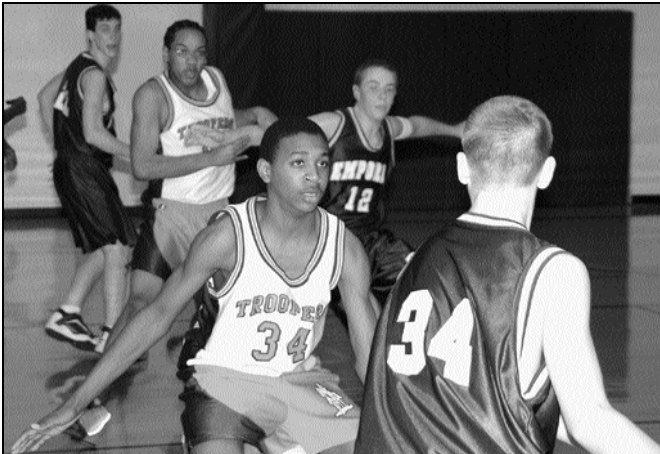
Garcia said he enjoys hosting

the post-season tournament. He said in previous years the tournaments weren't as prestigious as the one FRMS is hosting.

"We don't get a state tournament as the high school kids get, so making an end of the year tournament is something not only our kids can enjoy, but other teams can as well," he said. "It's like having our own version of March Madness."

The Troopers continued with the tournament Thursday, as they looked to rebound from their first-round upset loss Emporia.

They finish up the tournament tomorrow with two games.



Post/Doheny

Anthony Craft guards an Emporia player during the first half of Tuesday's game. They play two games Saturday.



## Youth league helps develop skills

By Kevin Doheny  
Staff Writer

Before Michael Jordan was "His Airness," he was just plain old Michael Jordan.

He didn't start off as a young basketball player floating in the air and doing things most only dream about.

He started his basketball days, just as all who hit the court do. He had to learn the skills he possesses today.

Just as Michael Jordan and others who play basketball at a high level, youth at Fort Riley's Youth Basketball League are learning the skills they need to know before trying to be the next Jordan or Cheryl Swoops, who now plays with Women's National Basketball League's Houston Comets.

"One of the main things we try to teach the kids is teamwork," said Stanley Marion, assistant coach of the Fort Riley Jazz. "It is vital they learn the value of teamwork and working together as a unit."

"That there is no 'I' in teamwork," said coach Ainsworth Jackson. "At this young of an age they need to learn how to work together. A lot of them have individual skills, but they have to understand the concept of a working as a team."

Along with the development of the youth's basketball skills, parental support is key in aiding the coaches in what they are trying to do.

"The parents are out at every game supporting their children by cheering them on and even letting the referees know when they made a bad call by screaming and yelling at them," said Marion.

teammates, which is crucial in the team game of basketball.

"They must start at a young age to work as a team," said Jackson. "It goes into everything they do, even outside of basketball. Knowing the right thing to do and being part of a team is vital. Once they get older, it will help with becoming leaders on and off the court."

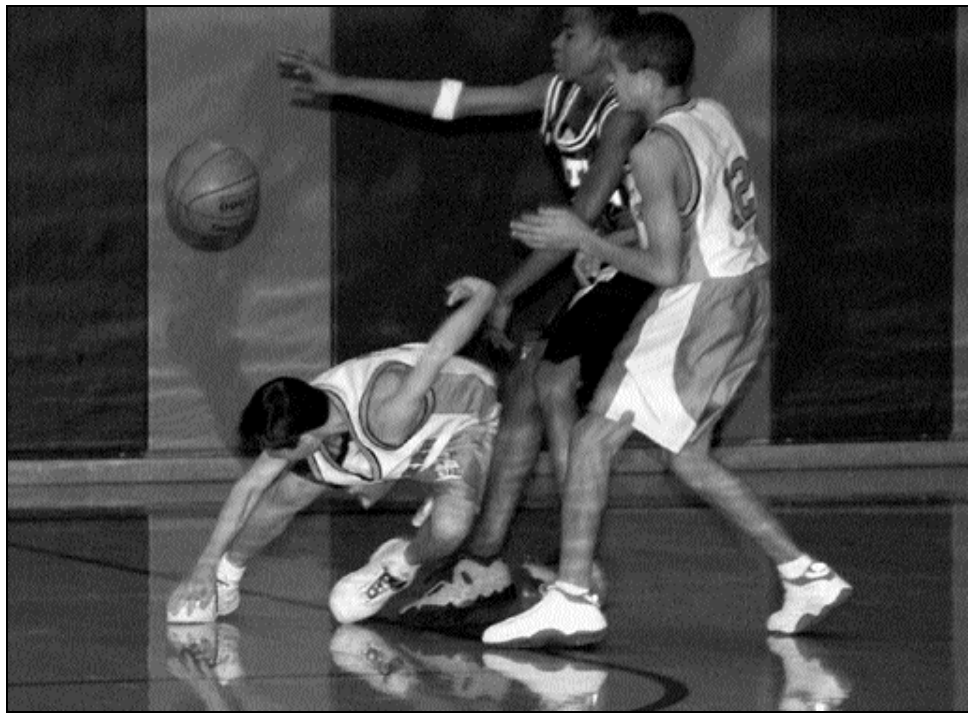
The coaches boast on how much their players have improved during the season. They believe their player's skills have improved vastly.

"By coming to practice and getting to know each other, they learned what they should and shouldn't do in the games," said Marion.

"If nothing else, it enabled them to make some new friends," said Jackson.

As the players finish up their season,





Post/Doheny

## Loose Ball

The ball gets away from a Fort Riley Middle School Trooper during a recent game.

# Youth Fishing Derby slated

There’s nothing like watching the enthusiasm of a kid on their first fishing trip.

On March 16, residents on Fort Riley will have the opportunity to kindle that enthusiasm at the Cameron Springs Youth Fishing Derby.

Cameron Springs was one of the first places in the state of Kansas to provide trout fishing.

Over the years, it has provided enjoyment to many, including military and civilians.

Trout are not native to the state of Kansas. They are best adapted to cool waters that contain higher concentrations of oxygen.

During the months of November to May, Cameron Springs meets those requirements.

The Youth Fishing Derby is an opportunity to introduce kids (and adults) on Fort Riley to a unique opportunity to fish for trout. The event is free of charge.

Prizes will be given for largest fish and most fish caught (up to the limit of 5).

There will be three age categories, including five and under, 6 to 10 and 11 to 15.

The event will run from 9-11 a.m. and is open to all military dependents stationed on Fort Riley.

Participants are requested to be at Cameron Springs one hour before the event and children must be accompanied by an adult to participate.

A pre-registration sheet can be picked up at the Outdoor Recreation Center, Bldg. 9011 and at the Conservation Division, Bldg. 1020.

Late registrations will be accepted up till the start of the event. A parent or guardian must accompany each participant.

For more information on the event, call the Directorate of Environment and Safety, Conservation Division at 239-6211.

# Travel benefits included in Prime

## From IACH

Military health care beneficiaries enrolled in TRICARE Prime are now eligible for cost reimbursement if your Primary Care Manager refers you to a medical specialist who is located 100 miles from your PCM.

This travel benefit is a provision of the National Defense Authorization Act of 2001.

TriWest Healthcare Alliance, of Phoenix, Ariz., stated in a Dec. 2001 press release that the “Prime Travel benefit allows reimbursement for reasonable travel expenses incurred by traveling more than 100 miles, one way, from your PCM’s office for authorized specialty care.”

TriWest Healthcare Alliance is contracted by the DoD to provide managed care of TRICARE in the

TRICARE Central Region.

When a Prime beneficiary’s PCM refers the patient to a specialty provider who’s office is in a distant location, TriWest will send a notification letter to the patient explaining the guidelines and how to apply for travel reimbursement.

As an example, here are two specialty care referrals, which meet the guidelines:

- There isn’t a Military Treatment Facility, or network/non-network provider available within 100 miles of the PCM’s office who is a specialist in the required medical field.
- If your PCM says you need to see a medical specialist in less than 28 days and an appointment with the required medical specialist isn’t available within this timeframe.

When it comes to applying for

travel reimbursement, TRICARE Prime beneficiaries are required to bring their original receipts to Resource Management Division, located on the 2nd floor of IACH and fill out a travel reimbursement form.

“We cannot help them if they don’t keep their receipts. They have to help us,” said Janice Mailen, Chief of the Resource Management Division.

To find out more information concerning the TRICARE Prime travel benefit, contact Stacy Cribb, Budget Analyst, Irwin Army Community Hospital’s Resource Management Division at 239-7116.

The web site for TriWest Healthcare Alliance has more information on other travel reimbursement guidelines. Their web site address is [www.triwest.com](http://www.triwest.com).

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## Soldier transforms life in Army

By Karen E. Hinkle  
K-State Intern

The Army helped transform this female soldier's life and enabled her to become independent. According to her comrades, she gives back to the Army as much as she's taken.

SSgt. Evelyn Gunter was a member of the ROTC in her South Carolina high school for four years. She had every intention of joining the military after her graduation because she liked being in charge and having the chance to "tell people what to do."

Unfortunately, Gunter found out she was pregnant shortly after she graduated from high school. She decided to get married and have the baby, but the marriage was nasty, she said. Gunter couldn't afford a divorce, so instead, she chose to leave her husband and enter the military.

"I joined the Army to put some distance between us," Gunter said. She has since earned enough money to get a divorce.

Now, the 1st Personnel Services Battalion soldier and her two teenage children are doing well.

Her children have frequently been on the honor roll, and Gunter is a member of the Sgt. Audie Murphy Club. She also owns a home in Maryland and has recently purchased her first new car.

"I'm just doing so much better than I would if I hadn't joined the Army," she said.

Gunter is the Equal Employment Representative for the 1st PSB. Her duties include organizing monthly classes and putting together programs to celebrate different heritage months. Her successful programs have earned her a Certificate of Achievement and a Commanding General's coin.

But her work doesn't end there. Whether she's on or off duty, soldiers seek out Gunter for her professional and personal advice. She's even helped one soldier become the Battalion Soldier of the Year.

"From day one, Staff Sgt. Gunter has been a pillar of inspiration," said Capt. Troy Alexander, 1st PSB.

Gunter is also an active volunteer, participating in practically every event sponsored by the 1st PSB.

If she isn't helping with a function, she's coordinating it, said 1st Sgt. James Myers, also of the 1st PSB.

Cooking is another way that Gunter makes a unique contribution to her battalion. Several staff members commented on how much they appreciated Gunter's cooking. Some favorite dishes among the 1st PSB staff members include Gunter's potato salad, deviled eggs and hot wings.

Alexaner said all of Gunter's extra efforts exemplify her commitment to her unit and her desire to uplift her fellow soldiers' spirits.

"She intensifies the moral of the soldiers around her," said CSM Mitchell Lewis, 1st PSB.

Everyone in Gunter's battalion seems to recognize and appreciate the qualities that make Gunter special. Most staff members were vocally appreciative of the efforts she puts forth to make the environment around her a better place.

"If I could paint a picture of the sacrifices she makes, it would be a beautiful picture," said Lt. Col. Harry B. Williams, battalion commander. "She makes the sacrifices with a smile."

CSM Lewis agreed: "She does it

# Out of the Rubble

## Wood sculpture depicts historic scene

By Steven Cooke  
19th Public Affairs Det.

The events of Sept. 11 have moved people all over the world to reach out and help those in need unlike anything in recent history.

Two such men made their way to Junction City March 1. Nyal Thomas and Rick Boswell displayed their "Out of the Rubble" statue

The stop is one of 83 stops they will make all over the country on their way to New York.

In New York the statue will take part in a March 11th six-month anniversary event. Then on St. Patrick's Day, the statue will march in the St. Patrick's Day Parade with 200 Oregon fire fighters. After the parade, Billy Crick, the most decorated fireman will decide who will keep the statue.

"The sculpture is for the fire-fighters that have passed away," said

Thomas, who designed the statue. "The surviving firefighters inspired me to create it."

"When the whole incident happened I was upset a lot," said Thomas, a retired California volunteer fire chief. "Then when the raising of the flag by the fireman was compared to the flag raising in Iwo Jima during World War II which my dad was at the base of, the combination of the two events just inspired me."

"I'm a professional wood sculptor," said Boswell. "My motivation was the moms and dads, wives, sons and daughters of the men that died. My heart went out to them. I can't help them in anyway but as an artist."

Standing about 10 feet high and made out of spruce wood, the statue depicts three New York firemen holding up the American flag while standing on the rubble of the World Trade Center. Each fireman has one leg in the rubble to symbolize the fire fighters that have passed away, said Thomas. At the base of the statue are three plaques with the name of the 343 fire fighters that

passed away.

To create the statue, Thomas and Boswell spent over 600 hours from October to February sculpting the 3,000 pound art piece.

"I hope it touches (the firefighters of New York's) hearts," said Thomas. "I hope it will remind them of the fire fighters that have passed away."

"I hope they know that the people out west care," said Boswell

"I think it's great," said Rick Rook, firefighter, Junction City Fire Department. "We at the fire department feel very privileged we're being allowed to help them along their trip."

Rook coordinated Thomas and Boswell's trip to Junction City on behalf of the Fire Department.

"I think it's wonderful," said Julie Ross. "I came out because my husband's a fire fighter. I'm very impressed."

"I think it's pretty cool," said Andrew Northrup. "It makes me feel good. It shows our country has a lot of heart."

"It shows the firefighters hard work. I admire it," said Michael Edmunson.

Thomas and Boswell said the reaction is the same pretty much everywhere he goes.

"Everyone has been real positive," said Boswell. "The support makes us feel great about what we're doing."

"People's responses have been incredible," said Thomas. "People jump and down in their cars when they see it. The fire departments have been wonderful with their support. It's pretty overwhelming."



Nyal Thomas (left) and Rick Boswell stand in front of the "Out of the Rubble" statue they created in memory of the firefighters who died in the collapsing of the World Trade Center on Sept. 11. The two plan to present the statue as a gift to New York City later this month.

# ACAP helps soldiers transition to civilian careers

## From ACAP

Many professionals in the personnel industry have published guides on career changes. These guides show how that everyone undergoing a career transition seems to go through the same fundamental stages.

ACAP can help in your transition by employing the activities and outcomes of the seven phases of individual transition planning.

**Phase One: Assessment:** Who am I? What talents and experiences do I possess? Why would someone want to hire me?

In this phase, document your portfolio of knowledge, experience, skills, talents and abilities. For starters, create a list using your personal Verification of Military Experience and Training (VMET) document, DD Form 1586. This document is available online at <http://www.dmdc.osd.mil/vet>. Contact the ACAP Center staff for assistance if you are unable to access the VMET-on-Line website.

Your VMET outlines the training and experience you received during your military career. It is designed to help you, but it is not a resume. Add anything else you can think of to this list.

In essence, you are now creating an "asset bank" from which you can draw later when called upon to write a resume or attend a job interview. If you need help, use the professional guidance available through the ACAP Center, Bldg 210, Room 006, or call 239-2248/2278 to set up an appointment with one of the career counselors.

The investment you make now in conducting your assessment is very valuable. It will bring the "professional you" into clearer focus, and it will have a major impact in making and implementing your career decisions.

**Phase Two: Exploration:** What are the current and emerging occupational areas that are attractive to me? Do these jobs coincide with my values and aptitudes? How do I find such jobs?

With your assessment in hand, you probably have some ideas about what you want to do. Now

is not the time to limit your opportunities. Expand the list of job titles and career paths that appeal to you. Broaden your geographic horizons to include several places where you might like to pursue your career. Many resources are available to help you explore your expanded set of options. Do your homework.

ACAP Center staff can help you focus on job offers employers need to fill today and will need to fill in the near future. They can also assist you in identifying the geographic areas that have opportunities in your fields of interest.

Your state employment office is another good resource during this phase, offering such services as job interviewing; selection and referral openings; job development; employment counseling; career evaluation; referral to training or other support services and testing. It can lead you to information on related jobs nearby and can introduce you to the Department of Labor database, DoD Job Search that has listings of thousands of jobs across the nation.

Many other assets are also available; your ACAP Center staff can tell you about them. Use the library too; the Reference Section has helpful publications.

**Phase Three: Skills Development:** How do I prepare myself to be an attractive candidate in the occupational areas that I have chosen? Do I need additional education or training?

As you continue through the exploration phase, you may find some interesting opportunities for which you feel only partially equipped. The ACAP Center and Education Center can help you determine the academic credentials or vocational training programs you will need and how to acquire them.

**Phase Four:** Trial Career Programs: Do I have the aptitude and experience needed to pursue my occupational interests? Are there internships, volunteer jobs, temporary services, or part-time jobs where I might try out the work that interests me?

To learn about intern programs, inquire at the ACAP Center, local civilian personnel office, or the state employment office. Some government-sponsored programs, such as obtaining teaching credentials, can provide some income and training in exchange for guaranteed employment. Check local and installation libraries and the education office for books containing intern program information. Temporary agencies are also a great way to become familiar with a company or industry. Explore internship possibilities with private employers. Many companies have such programs but do not advertise them. Don't necessarily turn down an interesting volunteer position.

Volunteering increases your professional skills and can some-

times turn into a paid position.

**Phase Five: The Job Search:** How do I identify job requirements and prospective companies, find networks and placement agencies, and generally increase my knowledge and experience in the job market? How do I write a resume, develop leads, conduct an interview, and complete a job application?

Once you have selected your future career, you must now begin the challenge of finding work. Millions of people are hired all across the country every year. Employee turnover opens up existing positions, and entirely new jobs are created every day.

Nevertheless, the job market is competitive. The best way to improve odds is to play your best hand: Seek the opportunities for which you are best prepared.

Work at finding a job. Network! The vast majority of jobs are filled by referrals, not the want ads. Use your network of friends, colleagues, and family; as well as the job listings provided by the ACAP Center, the local personnel office, or even the nearest community college.

Take advantage of job-hunting seminars, resume-writing workshops, and interviewing techniques classes too. Attend job fairs and talk to as many company representatives as possible.

**Phase Six: Selection:** How do I select the right job?

Although it might be tempting, you don't have to take the first job that comes along. Consider the type of work, location, salary and benefits, climate, and how the opportunity will enhance your future career growth. Even if you take the first job offer, you are not necessarily locked into it.

Some experts say employers are biased against hiring the unemployed. A shrewd move might be to look for a job from a job.

Take a suitable position and then, quickly move on to a better one.

**Phase Seven:** Support: How do I make a smooth transition?

For your transition to be truly successful, you should manage the personal affairs side of your career change with the same pro-

fessionalism and care as your job search.

Things like out-processing, relocation, financial management, taking care of your family and coping with the inevitable stress are important too.

Your Individual Transition Plan provides an opportunity to integrate these issues with the career-oriented activities that are the central focus of your transition effort.

For additional information on all ACAP services, please call 239-2248/2278 or stop by the ACAP Center, Bldg 210, Room 006.

## Golf Classes

UFM Community Learning in conjunction with Rolling Meadow Golf Course is offering golf classes: Wednesday classes start on March 6, 9:30-11:30am; Thursday classes begin March 7, 2:30-4:30pm.

Classes may be taken for KSU credit or non-credit. For more information, call UFM at 785-539-8763.

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## Job Fair Slated March 22

Ever wish you were in the right place at the right time? Now is your chance! The Army Career & Alumni Program is sponsoring a Job Fair from 9 a.m.-1 p.m., March 22 at the ACAP Center on main post, Bldg. 210, Rm. 007, Custer Avenue, Fort Riley. This is an opportunity to be in the right place to talk with employers looking to hire former-military members. There will be local, national and international employers present to talk with about their various job opportunities. Come by the ACAP Center to pick up a list of the employers invited to this Job Fair and also pick up a list of the dates for future monthly Job Fairs. If you are getting out within the next six months to a year, this is the right time. Come dressed for an interview and have a resume in hand. If you have not started on a resume, come anyway and then contact the ACAP Center to start the Job Search Process. The Fort Riley ACAP Center is open 7:30 a.m.- 4:30 p.m., Monday - Friday, phone 239-2278 / 2068. Don't let another ship pass you by, be in the right place at the right time!

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# Information, Ticketing and Reservations

Information, Ticketing & Registration is located in the Leisure Travel Center, Bldg. 6918 (across from the PX) and has current information and tickets to surrounding area attractions, dinner theater, concerts, stage productions and movie theatres. Before making vacation plans, check out the maps and travel brochures from across the U.S. ITR also assists in group travel plans.

Active/retired military, Department of Army Civilians and family members are authorized to use the ITR Office for leisure travel services. Call 239-6114/4415 for further information.

Tickets are available for purchase with cash, check, MC, VISA and AE. Prices are subject to change.

**Hours of Operation: Monday-Friday, 9 a.m.-6 p.m. closed on Sundays and holidays.**

**Universal Orlando**—is pleased to announce their "Heroes Salute" program. Complimentary admission into Univer-

sal, Island of Adventure, and Wet 'n Wild on a 4-Day pass are valid seven days from first day of visit. Family and friends may purchase this ticket at a 50 percent discount. Active duty military personnel, reservists and national guard may choose free admission on a 1-day, 1-park, 2-day, 2-park or 3-day, 2-park pass. Family and friends may choose one of these passes at a 50 percent discount off the gate admission. These offers are available at the front gate only and for one time only and ends April 30.

**Country Stampede**—Have you ever attended a party with thousands of friends, national recording artists, and four days of non-stop music and fun? Country Stampede is a weekend country music and camping festival June 26-30, in Manhattan. The weekend is fun filled and action packed with great performers, fantastic food, colorful crafts, and much, much more! Top performers will include Lonestar, Alan Jackson, Kenny Chesney,

Toby Keith and more. ITR now taking discount orders now for 1-Day at \$32 and 3-Day for \$62 and a \$5 handling fee per order. Gate prices will be \$40 and \$75 respectively.

**Ski Colorado**—Looking for the perfect Colorado mountain experience? Look no further than Winter Park Resort, a haven for skiers and snowboarders hungry for great terrain and the deepest powder of any major Colorado resort. When it comes to snowfall, nobody gets more than Winter Park. Can anything top their mountain? Probably not, but their lodging and lift packages make Winter Park more affordable than ever. ITR will assist you with "Ski Colorado" packaging for Winter Park, Keystone/Breckenridge, Sol Vista Golf & Ski Ranch and Vail. Discounted military lift tickets are now available.

**Sleep to the Slopes**—We offer packages for 2, 3 and 4-day trips most weekends throughout the season aboard a 40

passenger sleeper motorcoach. Two people face another 2 people with a table in-between creating a booth. There are 10 booths on the coach. The seats on this coach convert into bunk beds allowing passengers to lie down horizontally and catch some sleep while driving across Kansas at night. Wake up rested and ready to ski or snowboard the next morning. Packages include transportation on Deluxe Sleeper Motorcoaches, hotel or condo lodging and lift tickets for each ski day. Package example: Dec. 14-17, 2 ski days at Keystone/Breckenridge/Arapahoe Basin, hotel accommodations, and transportation at \$243 per person, based on double occupancy. Call ITR for numerous other ski packages to include transportation.

**Snow Creek**—If you ever wanted to try a sport of skiing or wanted a friend to learn...Now is the time! Ski in historical Weston, Missouri. located 15 minutes from KCI airport. Snow Creek has 100

percent snowmaking capabilities. Discounted ski lift tickets are available through ITR. Let ITR put together a weekend package.

**Discount Movie Tickets** are available for Carmike Theater in Manhattan and Westside Twin in Junction City at discounts. Enjoy an evening show at matinee ticket price. Buy several as they can be used within a year of purchase.

**Walt Disney World**—Salutes the U.S. Armed Forces—U.S. Active military personnel are eligible for discounts at select Walt Disney World Resorts, starting with a \$49 per night rate (plus tax) at Disney's All-Star Resorts, available most nights through April 30. In conjunction with resort discounts, U.S. active military personnel may purchase The Ultimate Park Hopper Ticket at a 50 percent discount for their guests when making their room reservations in advance. The Ultimate Park Hopper Ticket is not available at the theme park windows.

## Middle School Spring Break Special

The Child and Youth Services Spring Break "Tour Kansas" camp will be available for youth sixth through eighth grades. The camp will run from 8 a.m. to 4 p.m. daily March 18-22.

The cost is \$45 per child for the week or \$15 per child, per single day. This includes snacks, lunch, entrance fees and transportation. If earlier care is needed, it will be available through the School Age Services (SAS) program at CYS and youth will be transported to the Teen Center.

Registration deadline is March 15 and can be done at the Central Enrollment Registry, Bldg. 6620, Normandy, Custer Hill. More information on the camp is available by calling 239-9222 or 239-9224.

The "Tour Kansas" Spring Break camp schedule includes:

March 18, Salina - Visit Smokey Hill Museum, Salina Mall and Lindsborg- Little Sweden.

March 19, Hays - Sternberg Museum, Historic Fort Hays, and Cathedral of the Plains, Victoria.

March 20, Wichita - Sedgwick County Zoo and Outlet Mall in Newton

March 21, Topeka - Capitol building, Gage Park, Kansas Museum of History and the Mall.

March 22, Kansas City - Steamboat Arabia Museum, Market Square and the Great Plains Mall.

## Families depend on readiness groups

By Steven Cooke

19th Public Affairs Det.

Times of deployment can be a time of frustration and confusion for Army families. To help ease these feelings, the Army has developed several programs to help soldiers and their loved ones. One such program is the Family Readiness Group.

The Headquarters and Headquarters Company, 1st Engineer Battalion's FRG held a deployment readiness night for soldiers' families on Feb. 28 at the Soldier and Family Support Center.

"We're here to meet soldiers' spouses and let them know they can ask for help with problems that arise," said Marsha Brown, FRG leader, HHC, 1st Engineer Battalion, "We're like the chain of command for spouses."

Brown collected contact information from the spouses, while she greeted families and passed out information sheets.

"I'm taking the names and addresses of spouses so I can let them know when their soldier is

coming back," explained Brown.

The information Brown passed along to the families included the National Training Center's mailing address and monthly planners so a family could know what their soldier was doing there.

Knowing that Brown and FRG are there gives soldiers and their families peace of mind.

"If I'm stressed out I can call Mrs. Brown and she helps me out," said P a n d a Ramsdell.

"I don't like being away from my husband but she helped me realize that's the military."

"I feel more comfortable leaving my family," said SFC Charles Nuce, HHC, 1st Engineer Battalion. "FRG is a good point of contact to disseminate information answering question for new soldiers that know how to solve problems."

Sometimes it's not just FRG but the people families meet there that prove to be a great resource.

"Friends make you feel comfortable and it's a great place to make friends," said Rebecca Nuce. "They also teach you where to get information, which is the most important thing."

## Brigade chaplains gather books for NTC

By Steven Cooke

19th Public Affairs Det.

To do their part to help soldiers prepare for the National Training Center, the 1st Brigade Combat Team Unit Ministries Team assembled over \$50,000 worth of religious literature.

"In partnership with corporate America we have received donations from several publishers of positive, values orientated literature," said Chap. (Capt.) Maury Stout, brigade chaplain, 1st Brigade Combat Team.

"Tyndale Publishers gave 5,000 books. St. Mary's Press gave 100 Catholic bibles and Dave Roeber Organization gave videos and religious comic books," said Stout.

Also included donated were 5,000 scripture with the Psalm of protection printed on them and hundreds of Gideon Bibles.

"By placing the literature in the hands of soldiers we let them know that we care and we leave something behind of lasting value," said Stout. "Soldiers tell me daily about the impact of things like this."

The literature donated is not just bibles and scripture.

"The books are fiction based on Revelations. People of all faiths can get something out of it," explained Stout. "The comic books and videos are an inspirational story about a soldier that gets his face blown off in Vietnam."

"We are not here to promote any particular religion," explained Stout.

"When a soldier is in the field

the soldier has time to sit and reflect. Soldiers have life changing experiences. These books serve as catalyst for change," he said.

If soldiers want the literature chaplains will be passing the out at NTC explained Stout. But they should feel free to ask for the literature at anytime they feel the need.

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